



# Get Moving... Start Improving.

## Senior Health & Fitness Day 2012

*Wednesday May 23<sup>rd</sup> • 8:00 a.m. until 12:30 p.m.  
Lake Guntersville Civitan Park*

**This year's theme is "Get Moving... Start Improving."**

Start the day with a warm up and stretching at 8:00 am and join us for a walk on the trail.

Come down and make your move, we're looking forward to seeing you there. This is a FREE event, but please pre-register so we can make plans for lunch.



**LIVE ENTERTAINMENT!**

To Register Call:  
256-571-8025  
256-753-8025 for Arab area residents

*Come by and take advantage of these great benefits:*

- Free give-a-ways
- Door prizes
- Games
- Free lunch is provided
- Free health screenings
- Information booths from area businesses will be on hand. Come by and talk with local physicians and therapists.

Sponsored by:

